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## BREASTFEEDING FACT SHEET

## **Latching On: Attachment**

As soon as you are in position and comfortable, hold your breast with your thumb parallel to the baby's top lip and your fingers parallel to the baby's lower lip.

Be sure your fingers are behind the areola (darker skin around nipple).

 Tickle baby's lower lip with your nipple.

 When baby opens her mouth very wide, center your nipple and pull her in very close to your body.

 To help prevent sore nipples, be sure the nipple is centered in the baby's mouth and she has as much areola in her mouth as possible.

 If baby's nose is too close to your breast, lift your breast up or pull her bottom in closer.

 Let your baby take herself off the breast, or if needed break the suction by placing your finger in the corner of her mouth.